

CLINICALLY NON-FUNCTIONING PITUITARY ADENOMAS

- A 20-year single center experience

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BACKGROUND

Clinically non-functioning pituitary adenomas (NFPAs) are the most common pituitary adenomas but their diagnosis remains challenging. Our aim is to describe clinical, imagiological and hormonal characteristics of patients with NFPAs presenting at our department.

METHODS

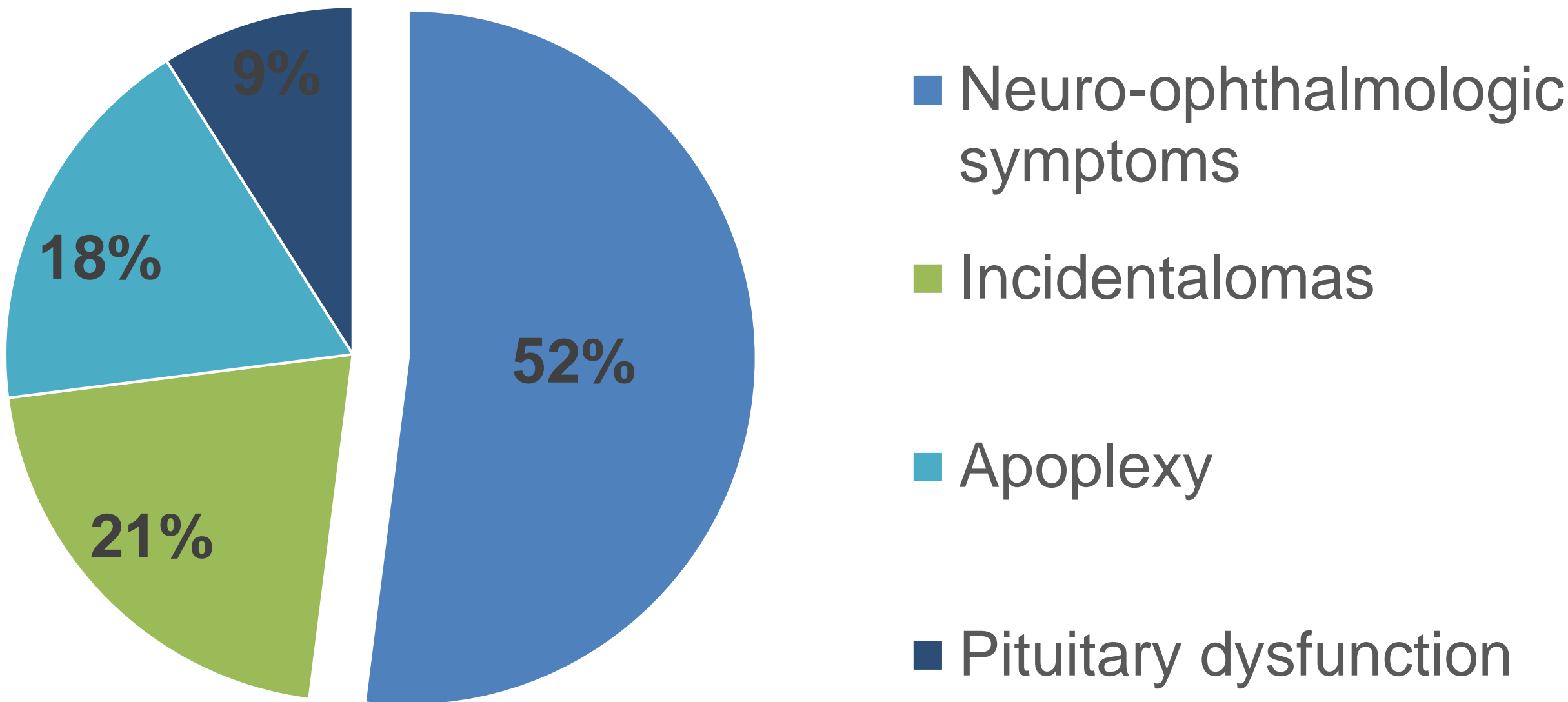
Retrospective review of 179 medical records of patients with NFPA at Braga Hospital from 1996 to 2016. Exclusion criteria: prolactin > 100 ng/mL or histologic evidence of prolactinoma. Statistical analysis: SPSSv20.

RESULTS

GENERAL CHARACTERISATION

- 179 patients
- 52% (n=92) female
- 90% (n=146) macroadenomas
- Median age: 61 years (IQR 48-73)
- Median follow-up time: 5 years (IQR 3-10)
- 64% (n=114) diagnosed in the last 10 years
- Comorbidities: 40% hypertension, 15% T2DM

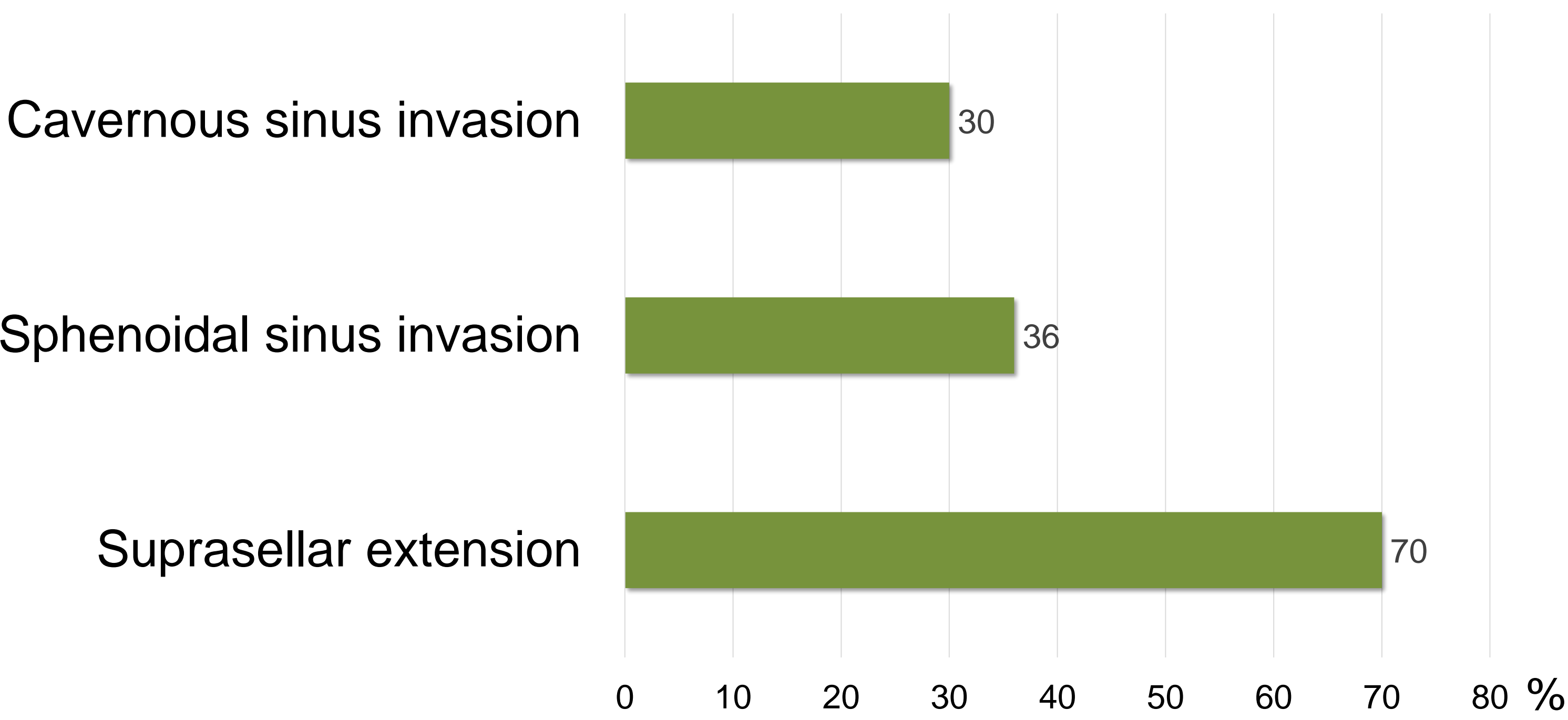
INITIAL PRESENTATION



Half of the patients had at least one hormonal deficiency

Pituitary deficiency	LH/FSH	ACTH	TSH	GH	Diabetes Insipidus
%	45	25	30	15	3

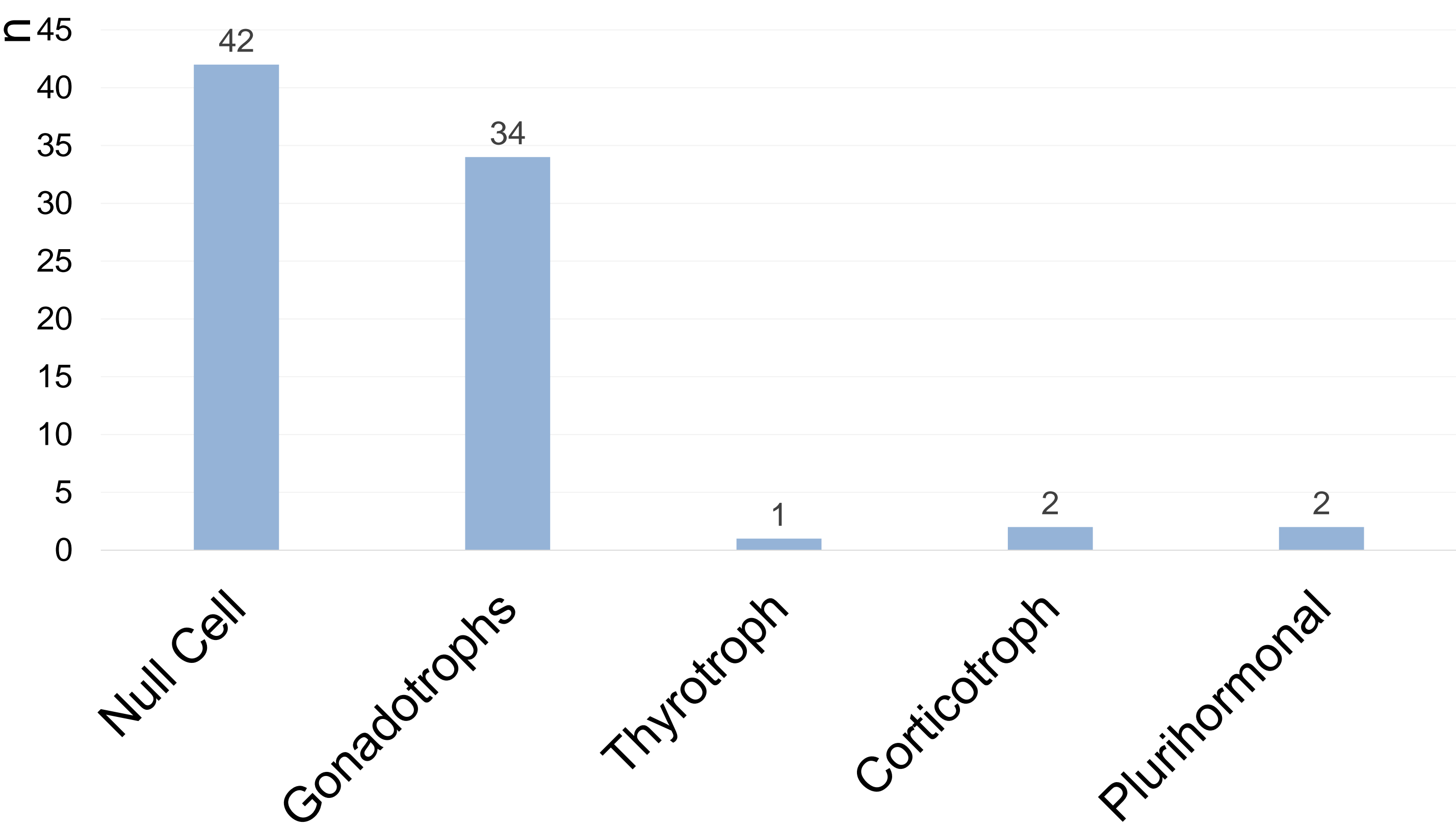
IMAGIOLOGIC CHARACTERISTICS



Median size 20 mm (IQR 13-38)

HISTOLOGY

Surgery was performed in 54% (n=96) patients



DISCUSSION

As in other series, our patients presented with visual disturbances and pituitary dysfunction at diagnosis, but we found an older population. We emphasize that 25% of patients had ACTH and 30% TSH deficiency that can cause a significant morbidity and had not been suspected before. Hence, we should be alert to clinical signs in order to an earlier diagnosis of hypopituitarism and prompt treatment.